

**Welcome to the City of Kirkland Parks and Community Services
Summer Swim Team**

The Kirkland Orcas



Summer 2015

INTRODUCTION



Welcome to the Kirkland Orcas. If this is your first experience with a summer swim team, we hope this booklet answers your questions and provides the information you'll need to enjoy being an ORCA! Even if you're an "old hand" at this, we hope this will aid in organizing the many handouts you get throughout the season (you may even find a nugget of information you've always wondered about!). The document provides an overview of the Kirkland ORCAS so that everyone has a common understanding of how the team is run. The City of Kirkland Aquatic Service realized that it would be an act of self-preservation to provide as much information as possible to

all families early in the season. So, we developed this handbook to document those items most critical to the running of the team. The handbook is meant to be a "living" document, which will grow and be enhanced over time. Please direct any comments and/or constructive criticism to the City of Kirkland Parks and Community Services Recreation Coordinator.

Our team works directly with the Kirkland community itself. It is this combined team effort that enables our use of the pool, grounds and facilities within Kirkland. The City of Kirkland Aquatic Service hires the coaches, sets the registration fees, organizes equipment, activities, and volunteers; devises and executes various types of recognition; keeps track of swimming times and records; and facilitates communication between the Craze Swim League, coaches, swimmers, and parents.

The Kirkland Orcas Swim Team is one of seven summer swim teams in the Craze Summer Swim League (CRAZE) and is organized as part of an overall summer swimming program designed to enhance the popularity of swimming and provide recreationally based competitive swimming between communities within the CRAZE League.

Swimming is a healthy, competitive sport. Developing quality swimmers is only one of our goals for this program. We also strive to instill TEAM PRIDE, SPORTSMANSHIP, and RESPECT FOR OTHERS! The goal of summer swim teams is to maximize participation by all children and provide an environment where children of all talents can have fun and feel like they have contributed to the team's success. Unless a child truly can't swim safely and needs to take additional swim lessons, everyone is invited to participate. You don't have to be fast to be on the team, you just have to want to come out and have fun.

When a child joins the swim team, so do the parents. **This sport requires parents to be participants, not just spectators.** It takes so many people to run a swim meet that there is literally a job for everyone. Training for some jobs takes only a few minutes; others require attendance at clinics. None are as scary or difficult as you might think. Even at the Olympic level of competition, swimming officials are volunteers - parents who probably started out on a summer swim team. **Please make sure that at least one member of your family works a job shift at each meet your child swims!** In total, approximately 20 volunteers are required to run a meet. Additional volunteers allow everyone to take breaks during the meet.



Congratulations! You are now a member of the Craze Summer Swim League family. We have a tradition of developing not only excellent swimmers, but also of developing swimmers mentally, physically, and socially, including the promotion of leadership talents and an attitude of sportsmanship, cooperation

and dedication.

By joining the Craze Swim League you have decided to participate in the very beneficial sport of swimming; it binds families together, helps you set goals, and provides opportunities for you to strive to achieve these goals. Swimming establishes a positive self-image, provides new friendships and teaches responsibility.

The information contained in this booklet will introduce you to the Craze Swim League and more specifically the City of Kirkland- Orca Swim Team. Please read this entire handbook.

OVERVIEW OF THE CRAZE SUMMER SWIM LEAGUE

The CRAZE Swim League strives to instill ideals, values, and behavior based on its purposes and goals. The CRAZE Swim League has never been an end in itself, but rather a vehicle for achieving a much more global purpose.

Concern for sports involvement is at the broad participation level rather than in fine-tuning the elite athlete. Teaching the fundamental skills, encouraging lifetime involvement in physical activity, strengthening the values of fitness, health, and self-respect for others are central themes in the CRAZE Swim League philosophy.

The Craze Swim League Mission:

- To foster children's enjoyment of swimming as a life-long activity and sport by promoting individual skill improvement and achievement of personal goals through participation with other children within a framework of fun and friendship.

The Craze League:

- Was organized in 1980 (approximately) and initially included the Cities of Edmonds, Lynnwood and Mountlake Terrace. Its purpose was to provide a summer swim league experience, which focused on recreational swimming.
- Is open to boys and girls from early elementary school to early post-high school, regardless of swimming ability, race, color, ethnic origin, or religion.
- Is part of municipal Parks and Recreation entities and, as such is a nonprofit, volunteer administered, professionally coached organization. The Craze Swim League provides competitive opportunities to the area swimming community.
- Continues to grow and is currently made up of the following agencies. Cities of: Edmonds, Lynnwood, Mountlake Terrace, Shoreline, Everett, Snohomish, Snohomish Aquatic Center and Kirkland.

The Craze Swim League program offers:

- A balanced program of practice, competition, and social activities for an 8 week season.
- Instruction and training in competitive swimming for boys and girls in a highly structured, closely supervised, regularly scheduled format.
- Participation according to age and ability level in competitions to ensure fair competition in a safe setting. These competitions are open to all competitors within a given age and ability level.

The essential elements of the CRAZE Swim League philosophy are to:

- 1) Work with every swimmer on the team. Everybody swims; everybody wins.
- 2) Work on basic skills and teach good physical fitness habits.
- 3) Teach fair play.

- 4) Help swimmers set and evaluate individual goals.
- 5) Keep winning in perspective.
- 6) Encourage lifetime involvement in sports and physical activity.
- 7) Work with the whole person: body, mind, and spirit.

THE VALUES OF SUMMER RECREATIONAL SWIMMING

- **Swimming has no bench sitters.** Competitive swimming is a sport in which there are no bench sitters because all programs are by age group and ability level.
- **Swimming is healthy.** Injuries are few and mild. The sport has been shown time and time again to be the best sport for overall conditioning of the body. Swimming provides cardiovascular fitness, muscular fitness, and increased flexibility.
- **Swimming provides self-discipline.** No one can make a person swim. All swimmers must develop an inner sense of discipline to devote themselves to the sport.
- **Swimming is a direct reward system.** In swimming, the harder you work, the greater your reward. The time clock is an objective judge of the result. There are no judges with subjective scores, no dependence on the efforts of others; only you and the clock evaluate your effort.
- **Swimming teaches the relationship between team and individual.** Neither team nor individual can exist and prosper in swimming without the other. Swimming teaches people to work with others.
- **Swimming teaches organization.** Swimmers have to organize their day to fit in all the life activities they want. They learn to do so, and in so doing, usually become much better students. Swimmers are almost always better students when they are training and competing.
- **Swimming teaches people how to win, how to lose with grace, and how to develop a personal philosophy that will make them long-term successes in life.** Swimmers learn to evaluate their efforts, set goals, and achieve. They gain an athlete's mentality that says, "I can control my life, and the results of it. If it is to be, it's up to me."

Swimming is about having fun and developing values and these are two reasons why your child should be involved in swimming.

FOR THE PARENTS

Parents are the backbone of our organization. They drive the swimmers to workouts and meets; they work at all our home meets and some away meets and are involved in other matters to support the team. Parents should encourage their swimmers and **constantly** give positive support.

- 1) We want your swimmer to establish a constructive relationship with his coach concerning swimming matters as soon as possible. A good relationship between coach and swimmer produces the best results for both the swimmer and the team. When parents interfere with a coach's opinion as to how the swimmer should swim or train, it can cause considerable confusion for the swimmer. **If you have a problem or concern involving your swimmer, please contact the coach immediately.** The coaches are the absolute authority in matters of swimming schedules, swimmer development, and participation in meets.
- 2) Always offer encouragement; never lecture your child about a poor race. You will make him feel worse than he already does. Let your swimmer discuss the race with his coach and then do your job, that of giving him support and encouragement to do better next time.
- 3) A coach and a program can be supported or ruined in the eyes of a swimmer by his parent. Never complain about the number of hours your child puts in each day at practice. Rather, make him feel that it is worthwhile, and if this is something that he wants to do, you will help. Anything worthwhile requires sacrifice and hard work.

- 4) New and younger swimmers are most likely to experience inconsistent performances (e.g., times). This inconsistency can be frustrating for parents, coaches, and the swimmer alike. Parents and coaches must be patient and permit these youngsters to learn to love the sport.
 - 5) Use good manners at swim meets. After the starter has blown the whistle, remain silent until the race has begun, then shout your encouragement.
 - 6) Participation implies responsibility. Parents must become involved and help conduct all home meets. Before a parent can serve as a meet official, they must receive formal orientation. Officials requiring orientation are:
 - a) Stroke and Turn Judges
 - b) Starters
 - 7) Clinics are conducted to orient parents in these positions. All parents however, can help conduct a meet by working as:
 - a) Timers
 - b) Announcer
 - c) Awards
 - d) Scoring
 - e) Staging
 - 8) Please help when asked; even though your child may not be involved in a particular meet. We need the support of all families to make our meets run successfully. If you were not needed, you would not have been asked.
 - 9) If you have experience in running organizations like a swim team, and you have the time and willingness, make your interest known to your coach. Most commonly, talented and wonderful parents are reluctant to step forward without being invited. Do not be bashful.
- 10) Those who have participated for several seasons need to remember that new parents bring fresh ideas and new blood. New parents need to remember that parents who have been associated with the Orca Swim Team awhile have an understanding of the local swimming community, and have done something right to become part of the program leadership. Listen and learn. These parents have survived the age group years, and have a lot of wisdom to share.
- 11) The happiest team has the most people working.

COACHING STAFF

Head Coach- Grant Neil- kirklandorcaswimteam@gmail.com
Assistant Coaches-
Gavin Blake
Seth Birrell
Lauren Anglin



ADMINISTRATION

Recreation Coordinator Kelsey Hayes khayes@kirklandwa.gov or 425-587-3334

TEAM COMMUNICATIONS MECHANISMS

1) Team Coaches

If after reading this booklet, you still have questions, please talk to a Team Coach outside of swim practice. The time a coach spends holding a conversation with a parent during practice is time taken away from the swimmers. If you have an immediate need, wait until after workouts.

Tip: Often, the fastest mode of communication within the Orca Swim Team is word of mouth. Unfortunately, the transition process from one person to the other usually loses something in the translation. If you hear something really crazy, it probably is.

2) City of Kirkland Swim Team Website

Please visit the City of Kirkland Swim Team Website for information regarding meet locations, schedules, and updates. <http://www.kirklandwa.gov/kirklandorca>

3) Family Folders

The ORCA Swim Team has a file box that will have a file folder for every family on the swim team. Coaches will place all handouts, meet information, and other pertinent information in these file folders. Please be sure to check the file box periodically. The coaches will also have folders in the box. An excellent way to get information to the coaches is to put it in their folders. The Team Folder can be found in the main office at the pool. It is self-serve and we recommend that you check it weekly for updates.

4) E-mail

Make sure your email is printed correctly on all registration materials to receive email updates. This is a major form of communication due to the size of the team.

COMMUNICATION WITH THE COACH

- 1) Any problem or concern can best be solved at the source. The coaches are available by appointment to talk to anyone who may have a concern. It is unfair to the team to discuss an individual swimmer's problem or concern with a coach during practice. You may leave a note in the folder of the Head Coach or, if appropriate, the specific coach in question.
- 2) The CRAZE League and or the ORCA Swim Team publish periodic handouts. These handouts contain a variety of items including all upcoming events.

CONCERNS

A traditional swim team communication gap can occur if a parent feels more comfortable in discussing a disagreement over coaching philosophy with other parents rather than resolving it directly with the coach. Not only is the problem never resolved in such a manner, but in fact this approach often creates new problems. Listed below are some guidelines for how a parent should raise difficult issues with a coach:

- 1) Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- 2) Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or training group. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long term the benefits of membership in the group compensate for an occasional short-term inconvenience.
- 3) If another parent uses you as a sounding board for complaints about a coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. The coach is the only one who can resolve the problem.
- 4) If you are not satisfied with a coach's response, you may contact the Recreation Coordinator, Kelsey Hayes at 425-587-3334.

EQUIPMENT

Orca Uniforms

All team members will receive a free team t-shirt and swim cap the first week of practice.

ORCA SUMMER SEASON PRACTICE TIMES AND GUIDELINES

Practices occur four days per week, Monday – Thursday beginning June 22. Participants will not be able to practice outside of their registered time slot. Stretching begins 15 minutes before practice.



Practice Times. Monday – Thursday, please attend your registered practice time. Due to pool space and safety of the swimmer, swimming at a different practice time will not be permitted.

Leaving Practice

Please check your area before leaving the pool. Chairs, lounges, tables, etc must be returned to the way they were found. Remove all personal belongings and trash. During morning practices, all swimmers and families must leave the pool deck area promptly so the lifeguards can prepare the facility for the next scheduled activity.

Parking

The general public is encouraged to park in the Parking garage under the Library.

Please do not park in the Senior Center Parking lot. YOU WILL BE TICKETED!!!!

Supervision

Only registered swimmers are allowed into the pool during swim team practice. Parents are encouraged to attend practices to watch their children; however, parents must remain behind the stanchions at all times each session. This allows the coaches the maximum amount of time with the swimmers. If you need to talk to a coach, please do so after practice. PLEASE do not disturb them during practice!

Our coaches are responsible for coaching. They can not chase swimmers who wander off. The lifeguard on deck is responsible for the safety of the facility and those in the water. If you are concerned about whether your child will remain with the coach, then an adult should accompany that child to practice.

Swimmers will not be able to enter the water until both the coach and lifeguard are present.

Food and Beverage

Food and Beverage is permitted on Deck only. Please restrict the consumption of Food and Beverages to this area. Note: Glass is not permitted in the facility.

Cancelled Practice

A practice could be cancelled for reasons such as: thunder, water contamination or injury. Swimmers who attend practice without an adult should know what to do if practice is suddenly called off. Please discuss this possibility with your swimmer and devise a plan. There is a telephone in the guard area for swimmers to call parents or a neighbor. An Orca coach will stay with any swimmer who is unable to get a ride. It is the swimmer's

responsibility, however, to approach the coach for assistance. A swimmer who is not capable of calling the appropriate person or able to seek assistance, should not be left at practice without an adult.

Bottom Line: Parents should make sure that practice is being held before leaving children at the pool!

Missing Practice or Meets

Please provide advance written notification via the meet notebook.

We understand that other sports and activities will overlap. If, however, the swimmer chooses not to participate on the team, please notify the coach as soon as possible.

SWIM MEETS



Swim meets are held for the enjoyment of the children. The meets help to teach the children good sportsmanship and discipline while helping to develop their swimming skills. These characteristics combined together result in TEAM SPIRIT; working together for a common goal. Parental support through active participation in CRAZE meets and events helps to reinforce those life skills that the children are learning. It is recommended that swimmers participate in every meet, but please let the coach know which meets you won't attend by the **MONDAY** before each meet.

What to Bring.



Getting ready for a swim meet can seem like you'll be camping for a week. Many seasoned summer swimmers bring a tent, tarp, or large umbrella so they can get out of the sun. High on the recommended "bring" list is sweats to pull on after warm-ups. Since there is a lot of "down time" between events, a cooler of healthy snacks and water, as well as cards, games and toys help kids pass the time. Write your name on absolutely everything you bring. Here's a helpful checklist:

Swim Suit

Swim Cap

Goggles (an extra pair just in case)

Towels (3 or more per swimmer)

Team Shirt

Sunblock (very important!)

Sharpie Marker (put event #'s on swimmer's hand)

Water

Healthy Snacks

Tent, tarp, umbrella, etc

Sleeping bag or blanket

Cards, games, toys, etc

Lawn Chairs

What to Expect



Plan to arrive 15 minutes before warm-ups start. This way you can sign-in, stake your tent, find your goggles, and report to the coaches when the announcer calls for warm-ups. Shortly after teams have warmed up, the meet should begin. When you hear your event called over the loudspeaker, report to the "Clerk of Course." This is the person who gets the swimmers in order for their event. Younger swimmers must be supervised at all times by parents. Please help your swimmers report to the Clerk of Course when their events are called. PARENTS: It's important to allow your child to remain at the Clerk of Course staging area alone. Parent volunteers can do their job best if they don't have to contend with extra parents! If you've never attended a swim meet before, here are a few things you can expect.

- Tents, towels and kids everywhere!
- Chilly mornings
- Extremely limited viewing space (except for deck volunteers)
- Boredom between your kid's events if you don't volunteer for a shift (or two) of timing, recording, working concessions, etc.
- New friends and a great time if you get involved with the team!

What's My Time?

Swimmers learn to ask a timer or recorder for their (unofficial) time as soon as they get out of the pool at the end of a race. Once the times for a heat are collected, the swimmer must wait for the official results to be posted.

WHO'S WHO at the Meet

CLERK OF COURSE: The Clerk of Course is the heart of the swim meet. These people stage the swimmers into proper events and the following people run the Clerk of Course:



1. The Clerk(s)/Head of Staging: The Clerk arranges swimmers according to the "Heat Sheet" in proper lane sequence. This position requires some experience (1 hr minimum!). Parents that want to learn this position can volunteer to assist.
2. Announcer Liaison: The Announcer Liaison assists the clerk of course by notifying the announcer which event needs to report to the clerk of course. Sometimes the Liaison relays the names of missing swimmers to the announcer so they can be located.
3. Role Call/Stagers: The people that perform the duties of role call gather the children that are participating in a particular event together. Role is called using the "Heat Sheet". After role call, the swimmers are sent to the clerk for seeding. The children then take their place in proper order for the event.

TIMERS AND RECORDERS: The timers and recorders make up the largest group of volunteers. In order to commence a meet there must be 2 timers and 1 recorder per lane.



1. Timers: The head timer is an experienced timer that hands out the stop watches, explains how to use them and acts as a backup timer. Lane timers time the swimmers in their lane, and report that time to the recorder.
2. Recorder: The recorders write down the times recorded by the 2 lane timers on the lane timing sheet. This sheet is handed to the card runner approximately every 3 events. The recorder is often a dual role of one of the lane timers.

SCORING TABLE: The scoring table is where the official times are determined and put on the place ribbons.



1. Card Runner: The card runner picks up completed time cards from the recorders and gives them to the Official Timer.
2. Official Scorer: The official scorer determines which of the two recorded times is the official time for each swimmer and circles it.
3. Data Entry: One person enters the official times into the database. The computer places each swimmer and prints out a score sheet and place labels for the ribbons.
4. Place Ribbons: One person puts swimmer name cards on the place ribbons.

ANNOUNCER: The announcer calls out the upcoming events to alert the children for their event and also to make general announcements.



SETUP: The setup crew is a group of very dedicated folks that get up very early before the meet, and setup all the tents, tables and all other equipment necessary for the meet. Then they stay after the meet and break it down and put it all away. Setting up tents for the swimmers is also done at the away meets. Rumor has it that they even have a lot of fun doing it!



AWARDS



Swim Meet Awards

- **Best Time** - awarded at the next practice after the meet when a swimmer's time for a particular event is faster than previously recorded.
- **Place Ribbon** – awarded per heat in each event. These ribbons are returned to the swimmer via the family folder at the next practice. These ribbons are not available on meet day.

Season Awards



Season awards are presented at the end of season picnic held at the **PK Pool Sunday, August 16th, 5:30pm**. Here are some of the overall season awards:

- **Most Improved** - awarded to the boy and girl in each age group using the following criteria. 50% based on time improvement; 25% based on attitude and effort in practices and meets; and 25% based on attendance at practices and meets.
- **Coaches Award** - awarded to the boy and girl in each age group using the following criteria: 50% based on attitude and effort in practices and meets, 25% attendance at practices and meets; 25% time improvement.
- **ORCA of the Year** - awarded to one male and one female swimmer who epitomize being an "ORCA".

OTHER STUFF!

The entire ORCA swim team will be photographed on Friday July 10th. FOR THE ENTIRE TEAM! On picture day, *please be on time*, and wear your team suit if you have one. Please do not get wet before the team photo. Individual and small group photos will be taken on the same day. Picture packets will be handed out on the



Monday prior, please bring to picture day filled out with money attached.

Team Banquet



The season ending awards event is scheduled for **Sunday, August 16th at 5:30pm @ PK Pool**. Each family may bring what they want to eat for an outdoor evening meal. After the meal, end of the season awards are presented to all our hard-working swimmers. (Everyone gets a participation certificate).

You don't want to miss this special evening. Details will be provided the week before.

Fun Days



These days will be worked into our regular workout schedule. Activities could include water polo, relays, games, etc. Activities will be planned for all Fun Days.

SWIMMING TERMS

A lot of everyday words take on a specific meaning at a swim meet. This list is far from complete, but it includes the words we use most frequently in our summer league.

BODY - the torso, including shoulders and hips.

CLOSED COMPETITIONS - competition open only to the members of one organization or group.

COURSE - designated distance over which the competition is conducted. (25 Yards for CRAZE Summer league meets)

COPING - the deck tile, approximately one foot wide, at the edge of the pool. The front of the coping is the line where the gutter meets the water; the back of the coping is the line where the gutter meets the deck.

DECK - the surface running between the pool and the fence.

DUAL COMPETITION - (DUAL MEET) competition between two clubs.

EVENT - any race or series of races in a given stroke and distance for a specific age group and sex. For example, the following are three different events: 1. Girls 8 & Under 25 yard freestyle; 2. Boys 8 & Under 25 yard freestyle; 3. Girls 9-10 50 yard breaststroke, (see also heats.)

FORWARD START - a forward entry facing the course.

FOUL - an instance of obstruction, interference, collision, or equipment malfunction, which prevents the successful completion of a race.

HEATS - a division of an EVENT in which there are too many swimmers to compete at one time. An event with 30 swimmers in a 6 lane pool would require 5 heats.

HORIZONTAL - parallel to the surface of the water.

LANE - a specific area in which the swimmer is assigned to swim (lane 1, lane 2, etc.)

LANE LINE - continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

LANE MARKINGS - the guidelines at the bottom of the pool in the center of each lane, running from the starting end to the turning end.

LEG - (relay) the part of the relay event swum by one swimmer.

MANUAL START - the start of a timing device by an individual in response to the same starting signal given to the swimmers,

MARK - (take your) the swimmer's starting position. In our league, we require at least one foot at the front of the coping when a forward start is required.

MEET - the complete series of events. In our league, a meet is conducted in a single day.

ON LINE - the swimmer's position immediately prior to taking their MARK. In our league, the swimmer must have both feet placed so their toes are at the back of the coping.

PROPULSIVE - having the power to propel.

SCISSOR - use of the top of the instep of one foot and bottom of the other foot in the propulsive part of the kick.

SCRATCH - withdraw from an event.

SEED - distribute the swimmers among the heats and lanes according to their times.

SEEDING (SEEDED ON DECK) - swimmers are called to report to the clerk of course for their event. After scratches are determined, they are seeded in the proper heats.

SHALL - mandatory.

SIMULTANEOUSLY - occurring at the same time.

SPLIT TIME - time from a start to some part of the distance within a longer event.

STROKE AND TURN JUDGE - trained, certified swim officials, assigned by and working for the league to judge swimmers' conformance with the rules for the event being swam. Non-conformance frequently referred to as disqualification or DQ is reported to the swimmer and to the coach. The swimmer is not disqualified until the coach accepts the stroke and turn judge's report. (Stroke and Turn Judge is present during the Championship Meet Only.)

TRI COMPETITION (Tri Meet) - competition between three clubs

VENUE - the area located on the sides and ends of the pool, spectator area, team areas, locker rooms and such other areas as may be designated by the host club. At the Peter Kirk pool the venue extends to the furthest point which can be seen and heard by the referee in charge of the meet. Within the venue, there can be no smoking, alcohol, or abusive or disruptive behavior.

CRAZE SWIM LEAGUE CODE OF CONDUCT

Purpose:

To promote the best possible conduct of all Craze Swim Team members at home and away meets and at all team functions. To create the best possible individual and team impression at all times.

General Conduct:

- 1) Team members will abide by this Code of Conduct at all times.
- 2) Team members will abide by all facility rules and regulations.
- 3) Team members will comply with League swimming rules and regulations.
- 4) Unsportsmanlike behavior, indiscreet or destructive behavior, and the use of obscene language will not be tolerated.
- 5) Every effort should be made to avoid guilt by association with any Code violations. If a CRAZE swimmer is present when conduct rules are broken, he must leave immediately or be assumed to have participated.
- 6) During practice all members are expected to work to their fullest capacity at every session. They will be required to pay full attention to all instructions.
- 7) At a meet each member is to conduct himself in an orderly manner so as not to cause embarrassment to his team, himself or his teammates.

FOR THE SWIMMERS

Be on Time: Whether arriving in a car pool or individually, be sure to arrive on time. Remember to allow time to do any flexibility work and/or fix your cap and goggles before practice begins. Parents- please double check that practice is occurring prior to leaving your child at the pool.

Use of Facilities: We are guests of all the facilities we use. Please conduct yourselves as such before and after practice, in the hallways and locker rooms. We are a respected group only as long as we respect others.

Dress: Your success is dependent upon your staying healthy. Take care to dry off well, especially your hair, and to dress appropriately for the weather. This includes a stocking cap in cold weather.

Teammates: This is your team; make it enjoyable for everyone on the team. Offer encouragement to at least one other swimmer each day. A "good job" or "nice set" helps make the practice time shorter.

Problems: If you have any questions or problems, talk to one of the coaches. They are the best source of an answer or solution.

YES! YES! YES!

1. While waiting to swim or during instructions, one hand must be on the wall and the head must be above water.
2. Circle swim - swim on your right (as you face the opposite end) of the lane.
3. Swim all the way to the wall.
4. Make room for others to swim to the wall.
5. When swimming laps and you need to pass another swimmer, tap (don't pull) their foot and then swim around them (down lane center) freestyle.
6. If someone taps your foot, stay close to the lane line/wall and let him or her pass.
7. Listen to instructions and raise your hand to ask a question if you do not understand.
8. Respect your teammates and coaches.
9. Have a positive attitude.

10. Be on time to practice.
11. Demonstrate good sportsmanship.

NO! NO! NO!

1. Horseplay!
2. Running.
3. Diving without instructions and direct supervision of the coach.
4. Pushing anyone into or under the water.
5. Hanging or playing on the lane lines.
6. Walking on the bottom of the pool during swimming sets.
7. Kicking/splashing/spitting water/slapping kickboards.

Violation of the Code:

At the discretion of any member of the Coaching Staff, one or both of the following penalties may be applied:

- 1) Removal of a swimmer from a practice and a parent/guardian notified.
- 2) Scratching of a swimmer from a meet and a parent/guardian notified.

At the discretion of the Head Coach, temporary suspension (up to 2 weeks) from the team may be imposed upon a swimmer. Any suspension over 3 days in length can be appealed (within those first three days) by the swimmer and/or parent(s) to the Head Coach. The Head Coach shall decide any appeal after discussing the matter with all parties involved.

Permanent dismissal from the team maybe imposed upon a swimmer by joint decision of the Head Coach, following discussion with all parties involved and the Recreation Coordinator. Any such dismissal decision may be appealed to the Recreation Supervisor.

Tobacco/Alcohol/Drug Policy - It is our belief that abstinence from the use of tobacco products, alcohol, and/or illegal drugs is beneficial to the health and athletic performance of our swimmers. We encourage our swimmers to pledge abstinence from these substances at all times. Any swimmer who is determined to have used tobacco, alcohol, and/or illegal drugs while at practice, at a meet, or any other CRAZE function (or who is found to be in possession of such substances at any CRAZE function) shall be subject to suspension or dismissal from the team.

League Regulations:

1. In the course of the season, an individual may represent only one team.
2. Swimmers may move up one age group. They may not swim the same event in two age groups.
3. Swimmers may compete in a maximum of four events at regular season meets. During Championships, swimmers may compete in a maximum of four events of which no more than three may be individual events.
4. All swimmers participating in championships must have participated in 10 scheduled practices to receive awards and accumulate team points.
5. Swimmers may swim in meets through the summer following their high school graduation even though they may be 18 years of age.
6. Swimmers ages 8 years and under must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke at the start of the season. Swimmers ages 9 years and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team at the start of the season.
7. There will be no DQs. In the event of a swimmer swimming the wrong stroke in an event, they will be moved to last place.

Other Information

Directions to Other Facilities in the Craze League

Edmonds "Yost" - 9535 Bowdoin Way. Edmonds WA

- * From I-5 South/North take Exit 179 (220th St. S). Head West on 220th. Follow 220th across Hwy 99, continue to 96th Street. Turn right onto 96th Street. Follow 96th to Bowdoin, continue straight into park. Pool is located straight ahead in the park.

Shoreline Pool - 19030 1st Ave North. Shoreline, WA 98155

- * From I-5 North/South, take the 175th St Exit. Go West. Follow 175th to Meridian (1st light from exit). Take a right onto Meridian and follow to 185th (1st light). Take a right onto 185th and follow to 1st Ave NE (first light). Take a left onto 1st Ave N and follow to pool on right hand side north of the tennis courts.

Lynnwood Pool - 18900 44th Ave W. Lynnwood WA 98036

- * From I-5 North/South, take Exit 181 (196th St). Go west on 196th to 44th St. Take a right on 44th street and head North. The pool will be on your left.

Mountlake Terrace (MLT)- 5303 228th Street SW. Mountlake Terrace WA

- * From I-5 North/South, take Exit 179 (220th St. S) Head East on 220th to 56th Street. Take a right on 56th and head south to 228th. At 228th take a left and the pool is on your left.

Everett Forest Park Pool- 802 E. Mukilteo Blvd Everett WA 98203

- * Take I-405 N Exit onto I-5 N. Take the exit towards 41st St. Turn Left at 41st. Turn Left at E Mukilteo Blvd. Forrest Park is located on your left.

McCollum Park Pool- 600 128th Street SE Everett, WA 98204

- * Take I-405 N Exit onto I-5 N. Take exit 186 for 128th St SW/WA 96. Turn Right at 128th St. SE/WA-96.

South Snohomish County Dolphins (SSCD) – 10801 Harbour Pointe Boulevard Mukilteo, WA 98275

- * Take I-405 N until it turns into 526 Mukilteo Speedway. Turn Left on Harbor Point Boulevard. Kamiak High School is located on the left.